



THE

# ROUND TABLE

Roy High School 2023-2024

April 25, 2024

## ACT Testing

*Xylee Johnson*  
Editor

ACT stands for American College testing. The ACT is taken in March of your junior year, typically. Colleges use the ACT for recruiting, advising and placement. It also helps show the school district what you learned throughout the year and where the students are as a class. A great way to prepare yourself for the ACT is the Utah Aspire+ Test. This pre-test isn't going to be exactly like the ACT, but it's a great way to expose yourself to the type of testing and test questions on the ACT. You should focus on subjects you

struggle with instead of subjects you're great at. On the day of the ACT, be prepared with a good night's sleep, a pencil with an eraser, a book or something to read, and a calculator. There are weird rules for calculators so visit the ACT website for the list of prohibited calculators. Before you take the ACT make sure to find the classroom that you're testing in. That information can be given to you by the office. Bring your student ID or driver's license to your testing class. This will ensure that you're in the right place and you're who you say you are. You don't need your backpack

at all that day so feel free to leave it at home or in your locker or car. Expect the test, as a whole, to be 3 and a half hours. The school will provide drinks and snacks about halfway through the testing day. Make sure you are on time! Students who are late will not be allowed to take the test. Our college advisor Jacie Draper has some great tips when you take the ACT. When taking the pretest time yourself to see how long the harder questions take you. Pick a letter and stick with that letter through the whole test. If you don't know the answer to a question, fill in

the letter you picked and come back to it if you have time. The four sections will be split up between the 3.5 hours, with a Ten minute break between the first two sections. The first test will be English. You have 45 minutes to complete 75 questions. The best way to finish the test on time is answer each question within 36 seconds and don't let the questions that you don't know take up all your testing time. The second test is math. You have an hour to finish 60 questions. You'll be provided with a scratch piece of paper. After the ten minute break you'll take reading and sci-

ence. Each with 40 questions and 35 minutes to complete. The score you get is the average of the four tests. The highest score on the ACT is a 36, but the national average is 20 which is still pretty good. If you don't know the answer to something, before you fill your letter, eliminate all answers that don't make sense for the question. Process of elimination. Make sure to answer every question on the test. If every question is answered it's more likely to have a correct answer.



## Respect and Love for West Field

*Ivy Brown*  
Social Media Head

As we come closer to the end of this year and thoughts of next year arise. One of the things that may come to your mind is the new high school, WestField. It's important to touch on the subject of respect for the kids who are leaving Roy to attend West-Field next year. For some students, this move is a big change for them. Even the change of a school can be uprooting when it comes to leaving friends and familiar places. Transitioning to a new school can be daunting but if we respect those who are, we can help ease the fears and make the transition smoother. It's important to remember that these students

are entering a new chapter of their lives. Meaning, this could bring challenges and uncertainties. By showing respect for their choice to move and the feelings that come with it can create a very welcoming environment where they don't feel like a burden for this transition. Whether it just be respectful comments, or even a simple smile. As many of us know, change can be extremely difficult. Meaning, we should strive for inclusiveness and be mindful of the challenges that the new students may be facing as they adjust to their new school. Some things you may not know, the seniors of next year will be the first graduating class of Westfield. As well as, the first sports

teams, student body officers, cheerleaders, drill team, etc. This is an extremely cool opportunity to those who do decide to attend the new school. This is opening doors to new friendships, new traditions, and overall, a fresh start. Together we can create a positive and welcoming environment for all students, old and new, to thrive and succeed.

## Credit Make-Up and Attendance

*Xylee Johnson*  
Editor

Attendance is very important when you're trying to graduate. Roy high attendance policy says that five unexcused absences will result in .25 attendance credit loss. All attendance loss over .75 must be made up in order to graduate. Parent Verified absences and school excused absences do not count towards attendance credit loss. The easiest way to make up attendance is take the attendance make-up class that Margo Rudolph, our attendance secretary, offers. The class is 8 hours over four days. The class starts at 2:45 and will end at 5:45. This class will restore .75 attendance credit loss. You have to attend all four classes to make up the .75 credit. You can take the class as many times as you need within a \$90 limit. Each class is \$20. Some other things that are offered are a clean quarter and 10 days. These both require that you attend school without any absences. For students with more than .75 attendance credit loss, community service is offered. Community service varies depending on the student and how much attendance credit is missing. You can talk to Margo Rudolph about community service and any other

attendance make-up that is needed. The Roy high website also has more information about make-up. There are a lot of options to make up for lost school credit. You can obviously retake the class, but if that isn't an option for you, Edgenuity is another choice for students to make up for lost credit. Edgenuity is an online course that reteaches students and walks them through the subjects that were missed. The length of the course and the cost depends on how much credit is missing. After talking with your counselor, go to the Students Advocates Center to talk to them about your course and any other information that you need. Keep track of where you are at in terms of graduation. And make-up for the missing credit as soon as you can. The counselors are there to help guide you in the right direction for graduation so don't be afraid to talk to them about your make-up options. The school doesn't have any information about summer school right now, so keep an eye out for updates about that. The office and your counselor will be able to answer any questions that you may have.

Sweethearts vs. Sweathearts  
PAGE # 2

Mental Health Focus  
PAGES # 4-5

Royal in the Hall  
PAGE # 7



# Wear What You Want!

*Bailee Richards*  
*Layout Team*

We all know how much fashion expresses one-self. Whether it's cozy time or red carpet time! Fashion can be anything from sweatpants to sheer fabric to high heels with thigh-high socks. Or even flip flops. In other words, fashion can be anything. You can wear anything that makes you feel pretty or comfortable. But why does that seem so hard to do for school? Why do some kids feel as if they were what is comfortable, they aren't formal? And if they wear what's formal and pretty, they are overdressed, especially for school. Well I can break it down for you.

Kids may feel as if they can't wear what they want because of others opinions. We all know how it feels to be picked on or laughed at for what you're wearing. Others opinions really shouldn't matter, but for some of us, we can't help but let them get in our heads. You'll wake up one morning and plan this amazing outfit for school that makes you feel so pretty or handsome, then as soon as you get to school people look at you weird. But let me just tell you, it's not because you look bad or silly. It's because you look absolutely stunning. 90% of the time other people are just jealous of you and don't want to

show it so they hide it with rudeness. When I see people wearing the most jaw dropping outfit I can't help but look at them and wish I had their style. I absolutely love when people express themselves through their clothes. It doesn't matter if they express themselves through sweatpants, skirts, dresses with chunky boots, layer after layer or even pajama pants. Everyone has their own style and level of comfort. Nobody should make fun of anybody for wearing what makes them feel good. Yes, some people will go above and beyond. But I think that's awesome and inspiring. People have such creativity when it comes to style and

I adore it. Like cmon, all those guys who wear those awesome baggy pants with crewnecks and vintage shoes? Man I wish I could pull that off like them. And the girls who wear sick skater pants styled with an adorable crop top? They always look amazing. I love it when people get all dolled up, even for school. We have to make this a fun environment, right? Who wants to go to a school where everything's the same and bland. Where nobody expresses themselves with clothes and makeup. I definitely wouldn't. This year, we have a way better and flexible dress code than we have had in the past. Teenagers are now more free to dress how they want while still being appropriate for school. So

don't bash on those who use that to their creativity advantage. If anything, compliment them. Or even smile at them while looking at their outfit or cute hair-do or stunning makeup. Smiles and compliments go a long way, they can turn someone's down mood right back up. It's hard enough as it is to wake up early every morning and go to school for as long as we do. But it's even harder when people get picked on for how they express themselves. Next time you see someone with a kick-a outfit you wish you had, tell them. Trust me, they will take it to heart and remember it for the rest of the week.



# Sweethearts vs Sweathearts

*Jaycie Hancock*  
*Layout Designer*

The theme for this year's Sweetheart dance was "Sweateats"—matching sweats with your date. While some students embraced the casual theme, others were hesitant. The debate between students showed the diverse perspectives within the school when it came to choosing the perfect theme for a dance. Wearing sweats to a dance can be seen as a comfortable and affordable option. Students who enjoyed the theme believed there wasn't pressure to buy a dress or

suit. Especially since formal attire is expensive, ranging from \$100 to \$400. Formal clothes can also be restrictive and uncomfortable. The theme gave off a casual and relaxed vibe, making the dance more inclusive for those who may not have a date. It took the pressure off of finding a date and having to impress them. However, others, like myself, believed that the theme was "lazy" or "low effort." Many students like dances as they give them the opportunity to wear nice formal attire. Having a casual theme led to many students being disappointed since

the majority of students at Roy already wear sweats to school. Thus, it made the dance feel like going to a school assembly with music rather than a dance. Both sides have valid points; however, I agree with how the theme was "low effort." Wearing formal clothes can allow the dance to feel more special, along with making students feel elegant and put-together. In the end, the decision to wear sweatpants or formal attire to a school dance depended on the student. As long as you had clothes on, you were welcomed in.

# Sequels: Good or Bad?

*Jaycie Hancock*  
*Layout Designer*

Sequels are a common trend in the entertainment industry. Almost every movie, video game, and book has a sequel. Almost every sequel fails to capture the magic of the original. As we know, sequels are only created with profit in mind. Producers see the success of their first creation and want to cash in on it by churning out a sequel as fast as possible. In

2004, the movie Mean Girls was released and gained popularity. The movie grossed \$130.1 million worldwide, won numerous awards, and became an iconic move. To capitalize on their original success, in 2011, Mean Girls 2 came to theaters. The sequel was extremely terrible; the rush in creating the movie led to a lack of care and attention to detail. Numerous sequels lack attention and detail, but most can create

a new-ish storyline. Grease 2 is seen as "a tired rehash of a story played out better before"-Screen Rant. The plot has a similar love story to the original; however, it's the guy who has to shape up to date a Pink Lady. Fans expected the movie to have the same upbeat and fun energy; it did not. The songs are bland, with no exciting choreography. Like many sequels, Grease 2 lost sight of what made the original special in the

first place. There are sequels that managed to live up to their originals and stand their own ground. These instances are rare; I believe the only good sequel was Shrek 2. The sequel didn't rely on the same ideas as the original, and the producers took risks instead of playing it safe by sticking to what worked before. They also made more money on their sequel than they did on the original. Long story short, rarely are sequels

good. They're either rushed or bland. For sequels to be good, they have to strike a balance between honoring the original while bringing in fresh ideas.



# Yes!

Bailee Richards  
Layout Team

HAPPY VALENTINE'S DAY!! Well, happy late Valentine's Day! Don't you just love this lovey dovey holiday? I absolutely do. The best part about this adorable holiday is that it's not just for couples. It's also for your friends, family, pets, neighbors, everyone! You're allowed to give anyone a gift on this special day. You don't have to be in a relationship in order to have fun on this day. I always love to make my friends cards and little bookmarks! I'll also go and buy them little candies that they've been craving. This holiday isn't just great for us, it's also great for small businesses trying to make it big. The Valentine's Day spending trend shows tremendous and continuous growth, allowing a positive opportunity for small businesses to capitalize on. It doesn't matter what you buy! Whether it's gifts, dining, experiences, or memories, people are willing to spend more to make their loved ones feel special during this holiday and it's wonderful. If we want to get more in depth on the statistical side, 2023's Valentine's Day had US consumers spending \$26 billion. This made a huge impressive 8.37% surge from the previous year. It wasn't just on people's partners either. Interestingly enough, there was an uptick in non-romantic gifts. With about \$7.1 billion shooting towards presents targeting teachers and co-workers, 32% of consumers indulge in their pets. That just proves what I said earlier: this holiday is for anyone. In a relationship or not, you can still have fun! This day is also a perfect

time to show your parents just how much you love and care for them. If you're worried about not having enough money to buy them something, you can search online how to make flowers for your mother out of paper or ribbon. Or how to make custom cards! You can also do any chores that you know your parents will appreciate. Acts of service goes a long way just as much as gift giving does. And to all those singles, you don't have to be sad any longer when this holiday comes around! Because now you know just how important your friends and family are. You don't need a special someone for this day (even though it would be so nice and romantic and lovely and....) because you have everyone else!!! Enough about what you can do for others, and more about what you can do for you. During this lovely time, you can go out and buy yourself a well deserved treat. You can take a day off from everything that's stressing you out and watch your favorite romance movie while devouring popcorn with heart shaped m&m's. You're allied to treat yourself too. You need to be the one making yourself feel loved. Whether you do that by doing a favorite hobby, sleeping with socks on, eating junk food, or even just relaxing. Make yourself a nice hot bath with rose petals, your favorite drink, favorite snack, and most importantly, your favorite bath bomb. Enjoy your next Valentine's Day with your loved one! Don't forget all the new things you've learned from reading this to make your next lovey dovey day the best lovey dovey day ever.

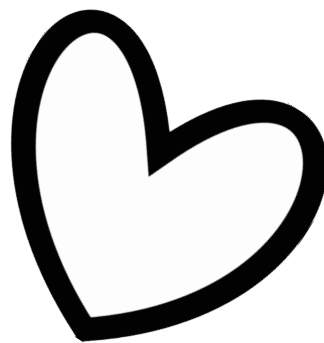
# Valentine Day?

# No!

Mae Tolman  
Reporter



## THE P POINT O OF V VIEW



Valentine's Day throughout the past decade has a cultural importance. From couples sharing social media or public displays of affection. If you are lonely this holiday it seems like there's nowhere to hide. This isn't like elementary school anymore where everyone gets a treat and a hug. This is high school. This holiday can dig up lots of feelings and can really suck so here's my reasons why I'm against Valentine's Day. Valentine's Day was originally called St. Valentine's Day was a feast day commemorating four martyred Saints named Valentine. These Saints went around preaching the word of the Christian Religion to Rome. A holiday celebrating a saint converts its way to chocolates and making up? It doesn't really make sense. This way it sounds like another holiday that is blown up by companies. With all of the commercials, ads and social media presence of this holiday it almost feels like you're being guilted into this. Why do people treat Valentine's day as showing your significant other that you love them? I feel like this behavior should continue all year long. Appreciating how much you love someone. I'm not saying you can't do anything nice with your partner like go for dinner but why treat your partner badly and show no appreciation towards them but make it all up with expensive gifts and a fancy dinner. It seems almost manipulative. Gifts are expensive, so very expensive. Inflated prices of fake chocolate, inflated prices of jewelry, and just a basic Hall-

mark card that sells for 3 dollars and 99 cents while during Valentine's Day the same card can be inflated by a dollar, dollar 50. This can all circle back to supply and demand; these items are in great demand and a smaller supply so prices go up... but after there's always a sale. There's always clearance at walmart. The feeling of loneliness, depression and despair can significantly increase during this holiday. If you've been alone on this holiday you feel it. You feel the deep gut fear of missing out as your friends and their significant other go on dates. Or you watch your friend get asked out or given flowers. It can hurt the mind and the ego. It can make others nervous and heighten mental illness. All these reasons definitely paint this holiday in a different light. From corporate greed to phony relationships. Now you should really think twice about celebrating this holiday and treat your significant other with pride and appreciation ALL YEAR LONG. If you truly love them then you would already be doing this. So, think twice and say something nice to your partner. Maybe give them some flowers from out of the blue. Stay safe these upcoming holidays and remember the true meaning behind these holidays.



# Self-Care Sundays

Jocelyn Smuin  
*Opinion Section Editor*

School is hard and exhausting so the weekend is definitely my saving grace. I love Saturdays and hanging out with friends but Sundays are definitely reserved for me. Having a day to yourself after a long week is needed no matter what. It's important to take a day to focus on yourself and give yourself some self-love. Personally I love Sundays for that reason just to take time for myself.

Taking care of yourself shouldn't be a taboo thing but society has turned it into just that. Having self-love is super important especially with the media. Social media just shows us the good days, but what about the bad ones too? Bad days aren't shown very often on social media and that's because we want to ignore our problems and see how good someone else's life is. Bad days are normal and that's why we need a day to ourselves, we can't be expected to just go constantly. It's good to

have a day that is completely centered around you, it's not selfish to take care of yourself every once in a while. Focusing on your needs is a must, no matter what. Putting yourself first is the best thing you can do for yourself. You will be 10 times happier when you put yourself first because if you are always worrying about other people who is going to worry about you. People come and go and sometimes you only have yourself. Self-care Sundays are what I like to call them because it's the one day out of the week that I take time to myself. On Sunday I do small chores around the house like laundry and dishes but I also take time to have an everything shower and do little things that make me happy. It's a good reset after a week of stress from school. On Sundays I don't like to do anything but just hangout and take time off of social media and enjoy the things around me. Going on walks and appreciating nature and our environment is very

# Relationship Advice

Jocelyn Smuin  
*Opinion Section Editor*

Relationships are hard especially in high school, trying to balance school and also focusing on a partner or even friends can be a struggle. If you are having a hard time with a relationship whether it's a friend or a significant other i'm here to help you and give you some advice. So first things first is how hard friendships can be.

We have friends all around us and sometimes that can get hard especially when they can be fake or even rude to you. Friends should be there for you no matter what. If you have friends that create a toxic environment it's better to distance yourself from them and find people who are positive and make you feel good about yourself. On the other hand if you have friends that decided they didnt want to be friends anymore it's going to be hard but if they are not wanting you in their life then you don't want them in your life either. Fake friends are something we all struggle with and it sometimes takes a lot of living to find your people. Having people go in and out of your life is super hard but you will continue to grow and learn how to live with the constant change. Now onto the hardest relationships, significant others.

Dating is fun and you get a lot of experience out of it but at the same time it's hard and a lot of work sometimes. High school relationships tend to not last for a ton of reasons, whether it's you don't want to be in a relationship or your partner is not treating you right. Everyone deserves love and a lot of people believe love is scary but love isn't something to be afraid of. Love is what makes the world go round, everything was made out of love and we wouldn't have anything without it. Dating in high school is hard especially because we are all trying to figure out who we are and what we want in life. There is no easy way out when it comes to relationships, there is going to be fighting and disagreements but the most important thing to remember is that you have so much time to date around and find "the one", nothing is permanent. We are still young and have so much life ahead of us, worrying about marriage and dating should be the least of our worries, go out and have fun with what we have right now. With me also obviously being a teenager trying to find who she is i'm not sure I could give you super great advice so I went and interview Mrs. Black to answer some of my questions.

**Relationship advice in general for**

peaceful and keeps you grateful. Even if you don't feel like doing anything and you just want to bed rot it's important to atleast get up, shower, wash your face, and brush your teeth. Bed rotting is nice but it keeps you trapped in the loop of constantly on your phone and stuck in this false reality. Staying present is huge and realizing that is even more important. Self-care is all about you and I hope you realize that your mental health is important too. Don't get caught up in trying to always help other people, in the end you're not going to be in the best spot. Remember to stay connected to nature and the beautiful things around you. You are loved and important, don't let anyone let you feel differently or bad about yourself. Take care of yourself and if you need to just have a day to relax and love yourself then do it because if you don't take care of yourself who will.

**high school students:**

"You have to love yourself before you can be in a healthy relationship. You will rely on the other person to build you up."

**How do you feel about the saying**

**"You have to love yourself before you can love anyone else?"**

"I feel like it's a cliché because it's true. If you don't love yourself you end up in toxic relationships."

**If someone is in an abusive relationship what advice do you have for them?**

"Get out. Just know that there are resources and people that will help you. You are not alone."

**If someone doesn't want to be in a relationship anymore and they are having a hard time leaving the relationship what do you recommend that they do?**

"It's better to be honest even if you are going to hurt the other person. Dont ghost them, that's rude."

**What is the best relationship advice you've gotten?**

"I think to always be very protective of the other person. You don't bad talk your person, unless they are abusive then you tell everyone."

**Anything else you want to add?**  
"Dont get married till you're 25 at least."  
Be picky. It's better to be picky and find the right person than to just settle."

# MENTAL HEALTH MATRO

Ivy Brown  
*Social Media Head*

Dwelling on bygone days can trap you in a cycle of repetition and is something us kids catch ourselves doing constantly. As we get older, it's extremely crucial for us to continue our paths forward with continuous improvement.

As we come close to graduating, or even just

moving up a grade, the mindset we allow ourselves to think about can set up our futures. This circles around to the importance of mental health and the way it affects you. Mental health is the vibrant thread that weaves through everyone's lives at some point as a cornerstone of our well beings. Yet, it often remains a silent topic. This topic is extremely overlooked.

Your adolescent years are where us as individuals undergo a lot of physical, emotional, and cognitive development.

Furthermore, these years are full of stress, anxiety and depression, especially when it comes to performing well in school or at work. These factors have a significant impact on mental health. This issue we decided collectively as a staff to make mental

health important a big chunk of it.

We wanted to give light to a topic that gets shoved down.

# What Does It Mean to Have A Mental Illness?

Ivy Brown  
*Social Media Head*

What does it mean to have a mental illness? The first important part to recognize is that having a mental illness is not a bad thing. It doesn't make you any less of a person, and you are not the only one. Mental health America states that 19.86% of Americans are dealing with mental illness. That is equivalent to over 50 million americans. The Mental Health Foundation also states that 20% of teenagers are dealing with mental illness and 75% of teenagers will develop a mental illness by 14. Teenagers deal with tons of changes as we get older but not many people talk about the mental side of it. Our hormones are constantly changing. Humans don't have regulated hormones until we reach 20 if you are lucky. That means our body is constantly trying to regulate how we feel and what we feel. Our body is learning how to process those emotions everyday. This causes people and

teenagers mostly to become overwhelmed. With school, jobs, and balancing a social life a mental spiral begins. This can lead to mental illness, because stress is the number one cause of mental illness. Mental illness can fester because people don't know how to regulate the stress they have in their life. Or people don't know the steps that they can take to help balance the stress in their life. There are resources available that can help you regulate your emotions and stress in your body. Therapy, White noise, Meditation, and grounding techniques. Therapy can help you talk through your emotions with someone who is objective from the problem. Which can offer a different perspective of the situation or issue. White noise can help quiet your mind when you sleep or if you need to clear your mind for a couple of minutes. Meditation is also another way of calming your body down and slowing down your mind. Lastly, grounding techniques can

help you feel present and calm your system down. That looks like laying your feet on the floor and holding on to something cold and warm to bring yourself back to a calm place. These techniques can help you calm yourself down and reset your mind. Mental illness is something many people deal with and is never something you should be ashamed of. You can always reach out to the counselor's office or online at the roy high page for Safe UT. Access any of these resources if you feel yourself begin to slip and talk to the people you love. Who can help you too?



# Ways to Cope With Mental Health

Brittley Barney  
*Photographer*

When it comes to the topic of mental health, it can range from self care to the hardest struggles in one's life. It can be about the good days and successes, but also about your worst days and failures.

Mental Health is one of the most important topics in my opinion. Many people struggle on the daily without even realizing what it truly is. As a fellow friend I too struggle with these feelings. Life can get hard and send you spiraling into a whirlwind of negative emotions. Some of these emotions can make you feel inadequate and lonely at times. It can also cause anxiety which can stop you from being who you truly are meant to be.

Another hard emotion that can be caused by a struggle with mental health is depression. This can lower your view on the importance of life. Which can cause a loss of appetite and over or under sleeping. In my personal experiences with anxiety and depression I have learned a few ways to cope. Not every method will work for everyone, but I sure do hope it helps you. First I'd like to state that if you have struggled or do struggle with your Mental Health you are not alone. You are not broken. You are enough and even though we may not know each other, you are loved by many, your life has had an impact on others and is important even though it might be hard for you to see right now. I hope you find a way to understand just how wanted and loved you are. I'd also like to let you know that you aren't abnormal, weird or off. Everyone at some point in life hits a hard low or gets nervous for the next step in whatever they may be doing. The only way we can break from this dark cycle is to cope and reassure ourselves in these times.

One method I have learned over the years is to breathe. Take a second to focus on your body and feelings. Acknowledge your

emotions and body language and act accordingly. You can feel whatever you need to, the goal is to not let it control you. Acknowledge, feel, and act. Try to understand why you feel that way or what may be causing the emotions. If it is a person or object maybe take some time to reflect and evaluate how you should move forward. Do what is best for you. At the end of the day, you are who is most important. With that, I would also like to mention that that can be hard for those of us who struggle with feeling like they need to please everyone around them. This can be hard to let others be independent for a little while we focus on ourselves. Keep in mind that in order to help those around us and do the best for those we love, you must be the best you! So it's okay to take time in order to enjoy the things you love or need.

It's okay to say no and disagree! It's okay to make your own decision! It can be tough to stand up for yourself against others. You can't always make people happy. Someone somewhere will disagree with your actions or choices and that's okay! They are doing what's best for them, you are doing what's best for you! People should respect your answers and make their own choices for their personal needs.

Take time for the things you love. Whether that's sports, art, music or simply just sitting outside. If it's good for you, it's necessary. Take time to step away from your daily life and enjoy the company of others or yourself. Focus on the good in your life, even though it can feel unimportant. I like to feel the sun on my cheeks, be grateful for the simple fact that I made it home safe, or finished a late assignment. It doesn't have to be a big positive, it can be small and unnoticeable to the rest of the world. Like not tripping up the stairs or making your bed in the morning. Anything can be an accomplishment and you're allowed

to be proud over the little things. Focusing on your small positives can help you find light in the weight that lays on your shoulders.

Don't beat yourself up. It can feel impossible to tell yourself you're enough and accept your successes when you don't feel like you deserve it. But you always deserve to feel loved and proud! You loved to feel smart and know you're enough! Other people see it in you and you get to see it in yourself. There will always be someone who puts you down but it's an opportunity to stand back up and show them your strength. Don't let negative comments control you! You deserve to express yourself in whatever manner works for you. You are entitled to your happiness. Don't let anyone take that away.

Lastly, eat! Eat whatever you want and enjoy every bite. Allow yourself to enjoy your favorite foods without guilt. You deserve a bowl of ice cream. To finish I'd just like to say that you won't feel better overnight. You will have great days and horrible ones. You can struggle and cry. You can feel lost and discouraged. But use those moments to grow. All walls are climbable, some are just taller than others. Keep going and pushing through your hard days. The end will be brighter than it's ever been.



# Job Intro to Utah Behavior Services

Ivy Brown  
Social Media Head

Calling all seniors! Are you interested in helping others, working with children, benefiting families, and want to make it a career? At Utah Behavior Services, you can make that happen. There are plenty of entry level positions available! Utah Behavior Services is Utah's largest integrated behavioral healthcare team. They prioritize having qualified staff who are committed to their jobs. Entry level requirements consist of a high school diploma or GED equivalent, the ability to pass a background check, a valid driver's license, several physical requirements, 21

hour minimum of work, and the capability to maintain confidentiality requirements. You can find specific and detailed information about these positions at [utahbehaviorservices.com](http://utahbehaviorservices.com).



## SHOUT OUTS!

**From:**  
Henrik Hulbert

**Message:**  
Vote for Henrik Hulber for Junior Class Office!

**From:**  
Ruby Noorda

**Message:**  
Vote for Ruby Noorda for Junior Class Office!

**To:**  
Ms. Bradbury

**From:**  
Remigio Garcia

**Message:**  
Thank you for being my English & History teacher!

# How to Help Loneliness

Mae Tolman  
Reporter

Do you get lonely? In an age where technology is so present and our lives live on social media. Making friends and connections has never been easier. Are they real connections though? That's the question that everyone asks themselves. Even though we have these great outlets, everyone has never felt so lonely. To answer my question, no they aren't real connections. Our lives have never felt so lonely and real friendships are absent. According to Gtux.org a mental health statistics website 77 percent of students describe feelings of loneliness and 33 percent of students have been diagnosed with a mental illness. We only make around 29 real connecting and fulfilling friendships and 50% of those friendships lose connections. Those numbers only get worse once you reach college age. This loneliness hurts many students that are going through highschool. Loneliness and isolation can worsen addiction, suicidal ideation and self harm habits. Knowing this information, the loneliness epidemic in students is a real issue. Keeping all of this in mind, how can you help combat loneliness? How can you make better connections? And how do you cope when feeling lonely? Finally, how to identify if you're self-isolating.

Ways that you can combat loneliness: Find creative ways to keep in touch. Instead of texting to reach out to friends, meet in person. Go out for lunch. Talking face to face enhances trust in friends, building better complex connections, and bettering communication skills. Other creative

ways of communicating are: sharing recipes or music with each other, sharing a playlist, reading a book or starting a show together followed up with discussion. Attending concerts or shows together, and sending mail back and forth to each other. Creating a community with friends is another way to combat loneliness. Creating a community includes starting a club : chess, DND, e-sports, reading, hobby and traveling/lifestyle. Creating a close community of people that share many of the same interests can create amazing connections and pull teens into a socializing routine. Another way you can combat loneliness is to get outside. As simple as it sounds, getting outside is very important to people's mental health. The sun regularly producing vitamin D getting outside can help teens with mood swings, reducing depression and improving mood. Last but not least another way of helping combat loneliness is positive self talk and taking care of regular mental health. Every teen in 2024 suffers from some kind of mental illness or mental block. Positive self talk can boost mood and keep you with an open mind. And taking care of regular mental health includes: journaling, regular exercise, participating in hobbies, keeping a routine and reducing screen time.

When everyone isn't making true connections through social media or even face to face, how can you be successful when making connections with peers? One way you can make genuine connections with others is being yourself. This is hard as every student right now just wants to fit in, following trends and is scared of standing out or being judged.

It takes a lot more than you think. It's a lot harder to get past the fears and mental blocks of being judged. Just remember to take a deep breath and be who you genuinely want to be. Next, show interest. It isn't enough to just stand there and stare at your friend during a conversation let alone sit on your phone while they're talking. To have true meaningful conversations you need to put away distractions, really pay attention and actively listen to what is going on in the conversation. Ask questions, give comments or concerns and make good eye contact. These simple tips I trust you will make your connections with your friends more genuine.

When you do feel lonely how can you cope? The first step is radical acceptance. Radical acceptance is when you accept that everything around you is going to happen no matter what. You can't control it but it doesn't mean your actions can't influence the outcome. With radical acceptance you can accept the fact that loneliness is normal. Humans are very social creatures and being isolated or alone can be very devastating to the psyche. Get busy. Being busy with hobbies, study or friends is an amazing way to cope with loneliness and boost mood. Just doing what you love releases dopamine. Just something simple as re-watching a show you love or picking up your favorite snack from Maverick. Such little of a task can make the biggest difference. One thing you need to learn when trying to cope with loneliness is being okay in your own presence. It's one of the most difficult tasks teens struggle with. Accepting and being okay in your own presence is one of the most important

things for a growing mind. As if you aren't okay with yourself you won't be okay with other people.

The most important part of this article is how do I identify if I'm self isolating or feeling lonely? How do I know if I'm self isolating? Stressing out over social events  
Avoiding social interactions  
Feeling distress when alone but distressed when around other people  
Spending large amounts of time alone or limiting time around others  
Feeling really lonely and empty  
How do I know if I'm feeling lonely?  
Struggling to work up the energy to socialize  
Feeling left out from friends or family  
Feeling withdrawn from social interactions  
Being worried and low in conversation  
Feeling separate from other people and interactions

Loneliness is a very normal feeling but be an advocate for yourself. It's okay to not be lonely or seek out better friendships and connections. If you have any self harming habits or suicidal ideation please reach out to someone or call 988 for the suicide helpline.

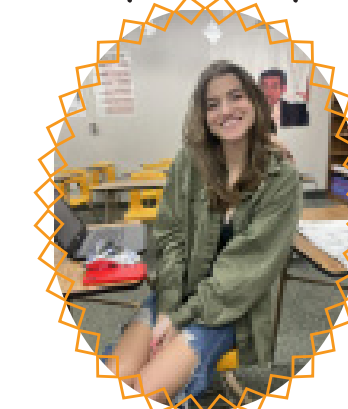
# ROYAL IN THE HALL:

## What are red, green, and beige flags?

Isabella Spatz  
Designer

**Question:**  
What do you consider to be a red flag, green flag, and a beige flag in a person? (Beige means it could be considered a red or green flag)

Alyssa Mahoney:



**Green flag:** When they're nice to family especially their mom  
**Red flag:** Talk bad about their ex's  
**Beige flag:** Not asking or giving details on situations

Remy Erickson:



**Green flag:** Opening the door for you  
**Red flag:** being paranoid of everything and having no trust  
**Beige flag:** Plays video games

Megan Thomas:



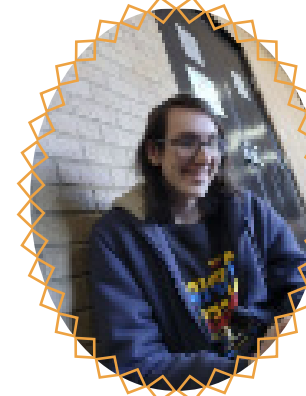
**Green flag:** Pays for you  
**Red flag:** Telling you to "go to the gym"  
**Beige flag:** having a lot of friends

Jacob Jones:



**Green flag:** Being honest  
**Red Flag:** being immodest  
**Beige flag:** playing video games

Mason Devrise:



**Green flag:** Having good communication  
**Red Flag:** Lying  
**Biege flag:** always on their phone

Remigio Garcia:



**Green flag:** Having a good personality  
**Red flag:** never showing up when you need them  
**Beige flag:** never communicating





# Bob Marley

Mae Tolman  
Reporter

Robert Nesta Marley was born February 6th of 1945. He was born to a Jamaican teen mother and a West Indian captain. Quickly he was brought into a broken home. His father was a middle-aged man and his mother was 18. They divorced when he was around 6 years old and soon after moving to Kingston with his mom.

Before Bob Marley started making waves in the music scene with his influential music he was making waves in politics. Bob was an activist fighting for immigrant rights; participating in the flooding of the capital in the 1950's and 60's. He refused the dominant culture of poli-

expressed his love and respect for his grandfather. He's well aware of the culture icon he is. Time after time he would post beautiful covers of his grandfather's songs to his Instagram and TikTok. Expressing his true love for reggae and for his grandfather. Bob Marley was taken from the world on May 11, 1981. This moment shook the Marley family knowing that their grandfather had such an amazing stamp on the world and their family. YG expresses the feeling of sadness after not being able to meet his grandfather but can still feel his spirit through the music he makes.

Bob Marley was an



tics. This message spreads the word of Black Power, revolutionary socialism and the new left. He tried his best to spread love and compassion. This love and compassion was translated into music. 1963 he officially started a band of him and fellow teenagers to specifically to share his love and compassion for the world and be anti-war.

Joshua Omaru "YG" Marley was born December 5th 2001. Being a son of one of Bob Marley's 11 children is an American singer and songwriter. Rapping about one love, his mother and the economic crisis of the world. YG is blowing up recently on TikTok for releasing a new song called "Praise Jah in the Moonlight" it is trending so quickly because of the flow of the song becoming the song of the summer. The song is a beautiful tribute to the reggae scene and adding onto the path that his grandfather Bob Marley paved. The song expresses spirituality, romance and the sensuality of being faithful to your partner. The song currently ranks 34 on the US top 100.

YG time after time

amazing man that was loved by all. He had influential music and just a presence. He left a great flowering footprint on this world.

In memory of the late Bob Marley, Paramount Pictures released a movie on February 14, 2024 called "One Love" Showing how Marley faced adversity and many hardships throughout the 60's and 70's. This movie also celebrates his activism and the fact that he beat all odds. Showcasing his beautiful music One Love got a 86% rating on rotten tomatoes. Everyone loved the movie. I also love the movie. I love how it is so respectful towards Bob Marley and his amazing history.

If you are having a bad day today. Turn to Spotify or Apple Music and turn on One Love by Bob Marley. Now you know the history of it let the song brighten up your day. And remember to always be kind.



## Upcoming Movies in 2024

Bailee Richards  
Layout Designer

Name: Moana 2  
Genre: Musical/Adventure  
Release Date: November 27, 2024  
Length: Unknown  
Description: Moana journeys to the far seas of Oceania after receiving an unexpected call from her wayfinding ancestors.

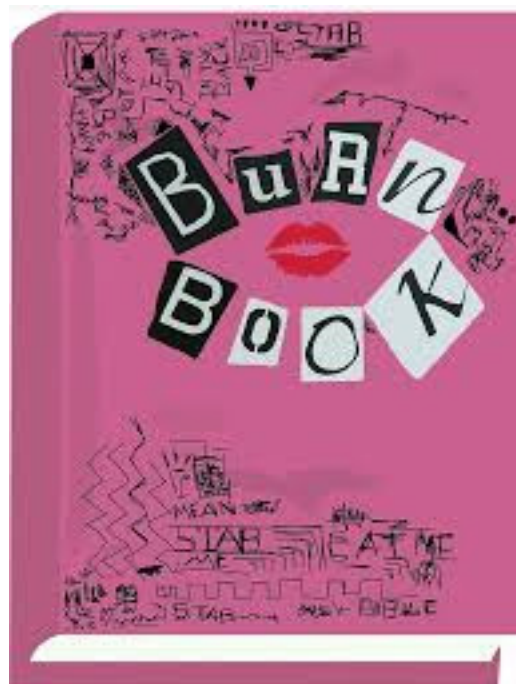
Name: Percy Jackson and the Olympians  
Genre: Action + Fantasy + Comedy  
Release Date: The first episode of those series already came out on December 19th, 2023 but there are episodes from 2024.

Length: 1 season  
Description: 12-year-old modern demigod, Percy Jackson, is coming to terms with his newfound divine powers when the sky god, Zeus, accuses him of stealing his master lightning bolt; with his friend's help, Percy must restore order to Olympus.

Name: Kung Fu Panda 4  
Genre: Comedy/Adventure  
Release Date: March 8, 2024  
Length: 1h 34m  
Description: Po must train a new warrior when he's chosen to become the spiritual leader of the Valley of Peace. However, when

a powerful shape-shifting sorceress sets her eyes on his Staff of Wisdom, he suddenly realizes he's going to need some help. Teaming up with a quick-witted corsac fox, Po soon discovers that heroes can be found in the most unexpected places.

Name: Mean Girls  
Genre: Comedy/Musical  
Release Date: January 12,



2024  
Length: 1h 52m  
Description: New student Cady Heron gets welcomed into the top of the social food chain by an elite group of popular girls called the Plastics, ruled by the conniving queen bee Regina George. However, when Cady makes the major misstep of falling for Regina's ex-boyfriend, she soon finds herself caught in their crosshairs.

Name: Deadpool & Wolverine  
Genre: Action/Comedy  
Release Date: July 26, 2024  
Length: Unknown

Description: Wolverine is recovering from his injuries when he crosses paths with the loudmouth, Deadpool. They team up to defeat a common enemy.

Name: Inside Out 2  
Genre: Comedy/Adventure  
Release Date: June 14, 2024  
Description: Joy, Sadness, Anger, Fear and Disgust have been running a successful operation by all accounts. However, when Anxiety shows up, they aren't sure how to feel.

Name: Night Swim  
Genre: Horror/Drama  
Release Date: January 5th, 2024  
Length: 1h 33m  
Description: Forced into early retirement by a degenerative illness, former baseball player Ray Waller moves into a new house with his wife and two children. He hopes that the backyard swimming pool will be fun for the kids and provide physical therapy for himself. However, a dark secret from the home's past soon unleashes a malevolent force that drags the family into the depths of inescapable terror.

Name: A Quiet Place: Day One  
Genre: Horror/Sci-Fi  
Release Date: June 28, 2024  
Description: A Quiet Place: Day One is an upcoming American apocalyptic horror film that serves as a spin-off prequel in the A Quiet Place film series. In this particular movie, a woman fights for survival during an alien invasion in New York City.





# Date Ideas

Alyssa Mahony  
Co-Editor in Chief

Sometimes being able to come up with date ideas takes longer than an actual date. And when you go to look on-line everything is more expensive than most highschoolers would be able to afford. So these are a couple date ideas near our area that I hope you take advantage of.



### Watch the Sunset/Sunrise

We live in such a beautiful state, so it's nice to be able to take advantage of some of the scenery. This is such a good one because it can be done in your own backyard or you can drive somewhere.

**Make a New Recipe**  
You could make something simple like spaghetti or some sort of pastry. The options are endless and it's a fun way to get to know somebody.

**Study Date**  
Go to a coffee shop or a library and just finish some of your assignments that you need to do. It's more fun than you



**Go Ice Skating**  
It's fun, it's simple, and most people don't have the most amazing ice skating skills, so it just becomes a fun day full of laughter.

would think, because you're being productive and you're given an opportunity to just be with each other.

**Go Thrifting**  
There are many stores in the Layton area especially that you and your partner can go thrifting. It's very budget friendly and you can always find some cute things hiding.



**Go on a Drive**  
Car rides can be one of the greatest ways to really get to know each other. Most of the time you'll find something you never knew was there. It's a fun little adventure and a way to just get out of the house. Drive safe!

**Alphabet Dating**  
If you haven't already heard of alphabet dating, it's where you pretty much pick a date according to the letter of the alphabet you're on. So the first date would be going to an arcade or going to the aquarium and then the next would be bowling or a bike ride. It's fun to come up with and fun to follow along.

**Painting Picnic**  
Pack a quick lunch and go to the closest park and just paint or sketch goofy little drawings. They don't have to be perfect and it's always fun to discover the artistic ability of your person.

**Go on a Walk**  
With the weather significantly warming up, taking a walk is one of the best things you can do. It's relaxing, it's fun and it gives you the opportunity to be able to check out your area. Get some fresh air and get some exercise.

As we all know, spring break is right around the corner. Personally, I am not going anywhere, and looking for something to do can be quite difficult. Especially when all of your friends are going somewhere and you're just stuck here. So these are a couple ideas of what you can do over that week-long break.

**Spend Time Outdoors**  
The weather here will be warming up fairly soon, and the temperature during spring break will be around

able to catch up on some household chores that you need to do. Donate some of your clothes and just clear out your house and room to reset before the school year ends and the summer starts.

**Self-Care**  
Being able to relax and recharge your batteries is a very important part of life. Take some time for yourself and just prioritize your needs. Do a couple face-masks, take a bath, catch up on some sleep. There are so many things you can do to just take care of yourself.

# Spring Break

Alyssa Mahony  
Co-Editor in Chief

the mid 50's. Go camping, go look at the stars, simply go on a walk. Get a break from electronics and enjoy the fresh air.

**Plan a Future Vacation**  
This one sounds a little silly, but if you aren't able to take that well needed vacation over this specific week, plan one for the future. This could be one that takes place over the summer or any time in your life. Give yourself a little something to look forward to. Make a slideshow or something, make it fun.

**Farmer's Markets**  
Farmer's markets can be so fun to just go to, even if you don't buy anything. There is such a large variety of stands and food trucks and the environment is just so fun. Getting out of your house makes you feel so much more productive in your day and it's just a good thing to experience.

**Spring Cleaning**  
I know it sounds boring, but it's a nice time to be

**Start a New Project**  
The choices are limitless for what you could do with this one. You could fix up a car or you can paint your bathroom. Choose something that is particularly interesting to you and will keep you busy.

# Miss Teen Beauty Queen

Isabella Spatz  
Designer

Miss Teen Beauty Queen was a play about a beauty pageant. 15 girls traveled into America, but sadly 3 girls Heather, Hope, and Twyla died in a plane crash on the way there. They came as angels to help throughout the pageant and to make sure no one cheated. Each girl had a special power to help them. Hope could change minds, Twyla could make things move, and Heather could hear messages. They caught Ursula, Amanda, and Rulie trying to rig the contest and did everything in their power to make them lose. Throughout the whole pageant The angels were

messing with them and it made the play funnier. They had funny characters like Harvey Valle, and characters with different backgrounds like Rose young. The play was Directed by Nadine Curtis and was performed February 8th through the 12th.  
Cast Members: actors, and characters  
Robert Montgomery-Ace Attamin  
JulieMarie Moss- Jeri Trent Johnson-Roger Sallev  
Kayson Kurns-Harvey Valle  
Shaylee Courtney-Alise Morgan  
Emily Shneidewend-Miss Plank

Isabella Peterson-Norma Moreless  
Brenden Ellsworth-Jack Barrett  
Jacob Helms-Will cassidy  
Ammon Kelley-Lance Jasper  
Kayson Kurns-Bob Russell  
Jaycie Hancock- Anna Remington  
Kennedy Bradley- Heather Kirk (angel)  
Paige Boatright-Hope Adler (angel)  
Allison Montgomery- Twyla Nash (angel)  
Aurora Bailey- Ursula Yoe  
Madelyn Robinson- Amanda Bliss  
Lydia Preisler-Rulie Litchfield  
Emily Titensor-Delaney  
Mayor

Kenadie Archuleta- Phyllis Webb  
Macie Larson- Ginny Clinton  
Lillian Woodland- Susan Mifflin  
Rachel George- Cynthia Scurlock  
Maylea Davis- Addison Higby  
Charli Jaques- Sapphire Hixon  
Alyssa Mahony- Rose Young  
Keely Flint- Carrie China  
Jacob Jones- Dave (the janitor)  
Owen Tanner- Mr. Alan Kirk  
Jarom Stoddard- Aaron Sands  
Madi Fedderson- Mrs. Lucille Hixon





# Nickelodeon Super Bowl

*Paula Thongrit*  
Business and Distribution

The Super Bowl Sunday broadcasted on many platforms, one of them including Nickelodeon as it showed a very unserious and unhinged side of the football game. With many of the well-known Nickelodeon stars featured on TV, watching the event has never been any more enjoyable. It was very much an entertaining version of the Super Bowl, especially containing several events that will definitely make a comical mark in the history of the football games.

There were truly many captivating moments during the Nickelodeon Super Bowl live stream, this kid-friendly version of the football game had 1.2 million viewers tuned in on watching the whole chaos unfold. Netizens commented that this broadcast was "superior" to the actual stream. The live-stream gained recognition as clips were posted around the internet through social media, many of which showing amus-

ing footage of the well-known Nickelodeon stars. As it rose in views, several viewers expressed that they had no idea of the broadcast. Yet later claiming that they now know what platform to watch the Super Bowl next time.

In the stream, it appeared that the stadium wasn't in Las Vegas anymore, but the Bikini Bottom. Before the game officially began it opened with the song "Sweet Victory" as you can see the Bikini Bottom characters rocking it out. The iconic commentators of the game were no other than Spongebob Squarepants and Patrick Star! They definitely had much to say throughout the game, adding in jokes from the show like, "What's funnier than 24? 25!" or if a touchdown was made it would mean free krabby patties for everyone! As the game progressed, Dora the Explorer also featured as an explainer towards the audience of young children to explain the rules of what

occurred during the football game. Even Dora commented, "Okay, who needs a map to help find the end zone?" when a touchdown was nearly made. Meanwhile, down on the field and sidelines may have been one of the most amusing parts of the broadcast. Sandy Cheeks and Larry the Lobster, more iconic characters starring from the bikini bottom. As the squirrel was reporting from the sidelines talking about what referees are which she claimed as "That referee there, he's the boss. Kinda like Mister Krabs at the Krusty Krab! Except, the referee wears a white hat and isn't talking about money all the time". Later it is seen that the noticeably red lobster runs all throughout the field as he flexes his muscles every now and then. And as expected, evil Plankton arrives to make a scene to disrupt the game. It is also noticeable that the orange Nickelodeon submarine circulating throughout the stadium poured out the green slime onto watchers as the



game continuously gets even more chaotic.

And as we approach probably the most unserious moments of the game which are the celebrities of Bikini Bottom. One of them being Taylor's boyfriend captioned onto the screen. Not only that, they did a little switch-a-roo with the names of many popular celebrities displayed onto the fancams such as: Snoop Fishy Dogfish, Jason Kelp, Taylor Fish, Doja Catfish, Billie Eelish, Laprawn James, Herring Styles, Olivia Codrigo, and the list goes on. Many of the football players were also compared to Nickelodeon characters, showing the rep-

resentation of their look alike. Furthermore, as the game was brought to an end the crowd including the Nickelodeon stars went wild as it was determined which team won the game whereas slime was poured onto the end zone or the "slime zone".

Overall, the whole version that was targeted towards kids had everyone else caught off guard in a chuckle. Especially involving the Bikini Bottom characters and of course Dora the Explorer making it a comedic experience for viewers. With that being said, it may be considered as one of the most memorable broadcasts in Super Bowl

## What Makes the 400 So Hard?

*Henrik Hulbert*

Sports Section Editor

When people think of what would be the worst event to run in track and field, their mind may be drawn to the long events like the 3200 (2 mile) or the raw speed needed for a 100 or 200. However if you ask a large number of people that have run many different events the most notorious event is the 400 m dash. While running only one lap around the track doesn't seem too hard, once you are forced to speed up in order to compete at a meet it becomes extremely difficult. While running a longer distance requires a large aerobic capacity, and sprints require large amounts of fast twitch muscles, the 400 has a blend of each and with how the body produces energy. With the start off the race largely using adrenaline you will begin to build up lactate as you enter into the second quarter of the race. This won't be an immediate problem, and many people say that the first 300 meters or so of the race aren't that hard. However this lactic acid will be brutal during the last hundred meters of your race. This is

one of the hardest parts of any race 400+ meters however in other races you are utilizing different energy sources. In a shorter, more fast paced race like the 400 you are forced to continue to push your body to the limit even as this lactic acid is rapidly building up. This is why many people feel very intense pain at the end of and after finishing the 400. By this time you have run enough that you are also rapidly becoming fatigued. A distance runner may not feel as terrible as a sprinter after running it, but that is likely because they weren't going at as high of a peak speed as a sprinter likely did. Sprinters usually are the ones running the 400 in meets because of their ability to kick it into high gear in the important spots of the race. 400 meters is one of the most famous races in all of track and field. There's something about the beauty of racing just one lap around the track, but also in the fact that the one lap you're racing will be one of the hardest one laps you'll be asked to compete in.

## March Madness Mascot Brackets

*Henrik Hulbert*

Sports Section Editor

March, a time of random snowstorms, sunny days, leprechauns, shamrock shakes, and possibly the most important - March madness.

The college basketball tournament has become not only a major cultural event each year, also a great way for little-known college student athletes to get NIL deals. These athletes put everything on the line often resulting in large upsets every year. This means that when people go through and pick their brackets nobody ever gets a perfect

one. People have many different scientific strategies for picking their teams that they want to win, such as flipping a coin or going based on team colors. However my favorite of these strategies is the one based off of mascots. You go through each matchup and choose the winner based on which school's mascot would win in a fight. With this said I am going to quickly go through some of the key mascot matchups throughout the first round of the tournament and pick winners.

One team that caught my eye in the first round was Yale. You may think that just being the bulldogs isn't that cool but when you see that their actual mascot is a live dog named handsome Dan. Handsome Dan is matched up against the tigers of Auburn. A tiger may seem to have the advantage, however how could anybody bring themselves to fight Handsome Dan, I give this match up to handsome Dan, as Auburn forfeits due to cuteness.

Now we go to a 2 and 15 seed matchup between

Marquette and Western Kentucky. Marquette are the Golden Eagles, and I do like when a team adds a color onto their otherwise normal mascot, however Western Kentucky is an absolute juggernaut in this bracket. When you look at their name of the Hilltoppers, that's already a cool name. But when you dig slightly deeper and look at the actual mascots you meet BIG RED. What/Who is Big Red? Nobody really knows, he is just a red blob. What is this thing capable of? Let me put it this way, if you were in a back alley in New York City at night, would you rather run into an Eagle or Big Red? Needless to say, Big Red moves onward.

With all these great competitors, it begs the question who would win it all? Personally I think that the unknown of the competitor "Big Red" would go all the way. All the other mascots have limited abilities, but Big Red could be unstoppable.

